

CHARACTERISTICS OF AN AGING IN PLACE PROJECT

August 16, 2010

AGENDA / HOUSEKEEPING

AGENDA

1. Welcome & Introductions
2. Purpose and Objectives
3. Defining 'Aging in Place'
4. Characteristics of Aging in Place projects
5. Revised Policy and Processes

HOUSEKEEPING

1. Push *1 to mute phone.
2. Do not put your phone on hold.
3. If you have questions, please click on the question mark on your screen, type in questions and submit.
4. Q & A will be compiled and posted to website following each webinar

COMMUNITY DEVELOPMENT STAFF

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Community Development Representatives

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PURPOSE AND OBJECTIVES

Expand definition of “Aging in Place”

Provide information to assist applicants in submitting successful projects

Gain an understanding of the intent of the Aging In Place strategic priority

AGING IN PLACE FACT

More than 80% of American seniors desire to stay in their homes for the rest of their lives.

WHY STAY AT HOME?

Comfortable Environs

Convenient to Services

Feeling of Independence

Safety and Security

Familiarity

Proximity to Family

AGING IN PLACE DEFINED

Making the living environment safe and adaptable so that everyone can remain independent and continue to thrive in their homes and community,
even as circumstances change.

KEY POINTS SUMMARY

1. Aging in Place is a critical community-based strategy that increases the number of viable affordable housing alternatives available to a burgeoning senior population.
2. Aging in Place means that
 1. Clients live in the same place
 2. Clients live in a non-healthcare environment
 3. Clients use products, services and conveniences that allow for changing circumstances

.... SO THAT...

... seniors remain in their own homes with high quality of life for as long as possible through the provision of home and community-based services (HCBS), including supports for family caregivers.

PRIMARY OBSTACLES

1. Residential housing is geared to young healthy adults
2. Builders don't take age-related conditions into account
3. Dwellings don't support physical/sensory changes
4. Disconnect between community and home-bound seniors

SUCCESSFUL AGING IN PLACE PROJECTS

COMMUNITY ASSESSMENTS – know where your seniors and disabled live, how many there are, what their needs are, where supports are

DESIGNING APPROPRIATE IMPROVEMENTS – based on assessment, improvements should address needs, not just repair problems

MAKE CONNECTIONS – “Bricks and sticks meet Community Resources”

COLLABORATE WITH OTHERS – based on available resources, partner with aging in place agencies or other community-based organizations that provide supports, such as health care, financial support, prescription support, assistance with activities of daily living, transportation

BALANCE AND COORDINATION PROBLEMS

- Bath seat in the tub or shower; bath tub with transfer bench
- Grab bars near the bath and toilet.
- Counters edges are rounded
- Handrails extend beyond the top and bottom of the stairs.
- No stairs to bedroom or bathroom.
- Phone in the bathroom.
- Stairway handrails on both sides.
- Walk-in shower with pull-down seat.

HEARING IMPAIRMENT

- Dishwasher is ultra-quiet to reduce background noise.
- Increased volume on phones.
- Smoke detectors have strobe lights.

LIMITED REACH

- Cabinet shelves are no more than 10 inches deep.
- Closet organizer to reach belongings.
- Closet rods pull down to a comfortable level.
- Clothes washer and dryer are front-loading
- Cooktop has easy-to-reach controls at the front.
- Electrical outlets are 27 inches above the floor.
- Hand-held shower in bathroom.

KITCHEN AREA

- Kitchen and closets have pull-down shelving.
- Lazy Susan to reach things stored on deep shelves.
- Microwave oven is no higher than 48 inches above the floor.
- Oven doors swing to the side.
- Pull-out shelves in the kitchen.
- Side-by-side refrigerator.
- Sink controls are on the side
- Upper kitchen cabinets are 48 inches from the floor

LIMITED VISION

- Edge of counters a different color than the top.
- Edge of each step is a color that stands out.
- Increased wattage of light bulbs.
- Lights are in all closets.
- Outside walkways, and entrances are all well-lit.

LIMITED VISION

- Stairs are well lit and different color than surrounding area.
- Stove controls are clearly marked and easy to see.
- Stove has larger numbers/identifiers
- Stove uses different colors to tell which parts are hot.
- Under-the-cabinet lights are over the kitchen counter.

POOR HAND AND ARM STRENGTH

- Automatic garage door opener.
- Cabinets and drawers have D-shape handles.
- Countertops smooth so heavy pans can slide across them.
- Doors have lever handles.
- Garbage disposal to reduce trash
- Dishwasher is eight inches from the floor.
- Heat-resistant counter near microwave oven.
- Push-button controls are on appliances.
- Rocker light switches
- Sinks with lever faucet handles.
- Special hardware to make drawers slide easily.
- Spray hose to fill pots on the stove

TROUBLE WALKING AND CLIMBING STAIRS

- Driveway is smooth, but not slippery.
- Floors are smooth and slip-resistant.
- Knee space under sinks, can sit while washing.
- Knee space under the stove, can sit while cooking.
- No area rugs.
- Ramp to front door with handrails on both sides.
- Stairs have slip-resistant surface.
- The threshold on door is no higher than 1/4 inch.

USES A WHEELCHAIR

- "Walk-in" closet wide enough for wheelchair.
- Appliances have controls at the front
- Cabinet shelves no more than 10 inches deep.
- Can use my counter while sitting in a wheelchair.
- Can wheel from car to the front door and then inside.
- Can wheel to bedroom, bathroom, and kitchen.
- Closet organizer to help reach all belongings
- Closet rods pull down to a comfortable level.
- Clutter and electric cords are out of pathways.
- Doors and hallways are wide enough for a wheelchair.
- Electrical outlets are 27 inches above the floor.
- Enough floor space near doors to move wheelchair.
- Floors are smooth; carpet has a low pile and a firm pad.
- Handheld shower.
- Heat-resistant counter near my microwave oven.

USES A WHEELCHAIR (CONT'D)

- Kitchen ad closets have pull-down shelving.
- Knee space under all sinks.
- Knee space under the stove.
- Lazy Susan to reach things stored on deep shelves.
- Microwave oven is no higher than 48 inches above the floor.
- Oven doors swing to the side.
- Ramp to my front door with landings at bottom and top.
- Roll-in shower.
- Side-by-side refrigerator.
- Space to transfer from wheelchair to toilet.
- Threshold on door is 1/4 inch or less.
- Walkway and driveway are smooth but not slippery.
- Way to transfer into the tub. Pullout shelves in the kitchen.
- Ramp has an edging.

ADDITIONAL SERVICES

- Outdoor home maintenance and gardening
- Indoor home maintenance
- Heavy and/or light cleaning and housework
- Transportation
- Home delivery of groceries
- Assistance with Activities of Daily Living
- Emergency call and response systems
- Legal assistance
- Financial management

POTENTIAL PARTNERS

Area Agencies on Aging in your community
Indiana Association of Area Agencies on Aging
Community Action Agencies
United Ways
Senior Services Agencies
Health Care Organizations – Hospitals, Clinics

REVISED POLICY AND PROCESS

Specific To “Aging in Place”

Certain “threshold Items” have been added to policy and process document to assist in aligning their proposals with the priorities set forth by IHCDA.

These requirements are here for informational purposes to assist in developing a strong proposal that will clearly fit within this strategic priority.

REVISED POLICY AND PROCESS

IHCDA's Strategic Priority Description

Aging in place refers to making our living environment safe and adaptable so that everyone can remain independent and continue to thrive in their homes and community even as circumstances change. While the primary target populations for aging in place strategies are seniors and persons with disabilities, everyone benefits from buildings and communities that are accessible, visitable, and livable.

REVISED POLICY AND PROCESS

Threshold Items

- New Construction developments must be completed to at least meet the minimum standard set by the National Association of Home Builders
- All units/homes to be assisted under this priority will be required to conduct an assessment on each beneficiary/household to determine need for accessibility improvements and/or supportive services. Construction or rehabilitation must meet a need that, if not present, would leave the beneficiary/household with insufficient means for day to day living.

REVISED POLICY AND PROCESS

Threshold Items

- All services (current or subsequent) must be in place via a memorandum of understanding or executed agreement.
- Units/Homes to be assisted for rehabilitation are required to have an energy audit completed prior to incurring any hard costs and also at the completion of the project.
- Developments will also be allowed to designate 10% of the units for market rate housing. The remaining Ninety percent (90%) of the units must be targeted and developed for beneficiaries that are either disabled and/or at least 62 years of age.

REVISED POLICY AND PROCESS

Threshold Items

- All beneficiaries are required to receive appropriate information and training on energy savings. The required booklet can be found on the Strategic Investment page on IHCD's website. [Energy Savers Booklet](#)